



Cancer Prevention and Early Detection Worksheet for Women

While a tremendous amount of progress has been made in cancer research, we still don't understand exactly what causes most cancers. However, we know of many factors that place us at higher risk for different cancers. Some of these factors are beyond our control, but there are others that we can do something about. And today we have tests that can help us detect some cancers in their earliest stages.

Below you will find helpful information on the most common cancers that can affect you as a woman. A checklist shows what can increase your risk, and a second list shows how you can lower this risk. The early detection column shows ways that you can detect cancer early, when it is most easily treated. The final column on each sheet allows for you to develop your own plan of action to help prevent or detect cancer.

It's important to know that some factors may place you at higher risk than others, and some actions may lower your risk more than others. Many cancers develop without any known factors present. For a more thorough explanation of cancer risk factors, visit our Cancer Reference Information section at www.cancer.org, or call us any time, day or night, at 1-800-ACS-2345. And if you have any risk factors or haven't had your early detection tests, please take this worksheet and discuss it with your doctor.

Cancer-Related Checkups

The American Cancer Society recommends that all women get cancer-related checkups as part of general health visits after age 20. This checkup should include health counseling and, depending on your age, might include looking for cancers of the skin, thyroid, mouth, lymph nodes, and ovaries, as well as for some diseases other than cancer.

Special tests for certain cancers are recommended as outlined below.

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